National Coach Certification Program

COACH 1 –
Part 2 – On Ice Session

INTRO COACH CLINIC 2019 - 20

On Ice Session:
- On Ice Checklist
- Awareness
- Safety
- Skating
- Puck Control
- Use of Stations
- Small Area Games

On Ice Session: Checklist
- Leave your jeans at home, wear your track suit!
- Practice plan
- Pucks (approximately 3 per player) Pylons, Extra nets
- Other playing items – soccer balls, sponge pucks, rubber chickens
- Rink board and markers
- Water bottles
- Whistle for each coach
- First aid kit
- Spray paint / Bingo Dabbers / Large Jiffy markers for drawing on ice
On / Off Ice Safety

On Ice
- Age and skill appropriate drills
- Rest periods and re-hydration
- Special medical needs
- On-ice awareness: the danger zone

Off Ice
- Dressing Room Risk Mgmt
- Safety in Hallways
- Location of Fire exits
- First Aid Kits
- Drop offs / Pick Ups

Equipment Fitting Guide
https://www.youtube.com/watch?v=VtzUxPebp2k

Every ice session, make a point of looking over player equipment to ensure the list below meets the requirements:

- Fit
- Protective quality
- Maintenance

On Ice Session: Skating

- Sample skating skills to be done during the ice session
On Ice Session: Skating

• Sample skating skills to be done during the ice session

On Ice Session: Puck Control

• Sample puck handling skills to be done during the ice session
On Ice Session: Puck Control

• Sample puck handling skills to be done during the ice session

On Ice Session: Sample Set-up

Effective use of space / stations

Using the lines with young players for skating is a good way to keep them focused and gives them something to follow.

With puck handling – start stationary, then moving in a confined space then moving down the ice to use the same skills while skating.

Passing with young players should be done stationary in close proximity – until they become good skaters and puck handlers, moving passing is difficult, so no need to spend a lot of time on passing when kids are under 8 years old.

On Ice Session: Small Area Games

• Coaches determine 2 or 3 small area games that you want to see on ice.